Receive the most cutting-edge perspectives on productivity and health management, operations, and public policy issues with regard to the challenges that fatigue, shift work, and sleep-related disorders place on the 24/7 global economy.

Upon Completion, Participants Will Be Able To:

• Evaluate, understand, and communicate the health and productivity impact of fatigue, shift work, and sleep disorders
• Interpret the biological, physiological, and medical risks associated with fatigue, shift work, and sleep disorders
• Implement innovative and/or evidence-based approaches to mitigate and minimize risks associated with sleep and shift work
• Apply strategies and best practices to shift work operations

Understand the Productivity and Health Impact of 24/7 Operations

Businesses leverage around-the-clock operations to meet the demands of the global marketplace. Shift work, defined as shifts outside of a typical 9–5 workday, is associated with numerous chronic health conditions. The consequences include higher health care costs and concerns related to excessive sleepiness, compromised safety, and depressed labor productivity. In addition to requiring shift work, many industries require transoceanic travel, which disrupts circadian rhythms and usual sleep patterns. Armed services members and other federal employees are also subject to deployments in which sustaining or optimizing performance upon arrival to the new destination may have mission critical effects.

Featured Faculty:
Charles A. Czeisler
Hans P. A. Van Dongen
Anthony Kales
Ronald C. Kessler
Mark R. Rosekind
Who Should Participate

Executives, managers at all levels, health care providers, researchers, and safety professionals from all types of organizations and businesses who want to increase their understanding of the productivity and health impacts of sleep and shift work.

Individuals who occupy leadership positions in any industry with 24/7 operations, including:

- Fire and emergency medical services
- Health care
- Law enforcement
- Manufacturing
- Military and federal government
- Transportation industry (e.g., aviation, rail, trucking, maritime)
- Union representatives

Other professionals:

- Environmental health and safety professionals
- Health care providers
- Leaders in federal, state, and local organizations (e.g., FAA, DOT, FMCSA, MASSPORT)
- Researchers and scientists
- Regulatory and legal affairs professionals

Program Goals:

- Promote a cutting-edge understanding of the impact of fatigue, sleep, and shift work on the productivity and health of workers and organizations.
- Provide a dynamic multidisciplinary forum to discuss the state of the science in productivity, health management, and business operations. Discuss strategies to mitigate the individual, organizational, and societal consequences of fatigue, sleep disorders, and shift work.

Learn from and interact with researchers and leaders in business, public policy, and health care

Developed by the Initiative for Productivity and Health Management (IPHM) of Harvard’s Occupational and Environmental Medicine Residency, the 2012 program engages C-suite leaders, policymakers, managers at all levels, scientists, health care providers, and safety professionals with an intensive two-day seminar, enabling them to interact and learn from a cutting-edge, multi-disciplinary program.

Shift work and circadian rhythm disruptions affect health, safety, and productivity. The 2012 Productivity and Health Management program will expose participants to critical issues affecting industries, employers, and workers.
Program Directors

Samuel Forman, MD, MBA, MS
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President
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Program Faculty

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University of Minnesota, Morris

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Baldino Professor of Sleep Medicine & Director, Division of Sleep Medicine
Harvard Medical School
Chief, Division of Sleep Medicine
Department of Medicine
Brigham and Women’s Hospital

Thomas C. DiSalvi, CDS*
Director of Safety and Loss Prevention
Schneider National, Inc.

Heidi D. Howarth, PhD*
Engineering Psychologist
Human Factors Research
John A. Volpe National Transportation Systems Center

Anthony Kales, MD
Professor Emeritus of Psychiatry
Penn State College of Medicine
SRS Modern Sleep Research Founder

*Session Panelists

90% of participants rated the faculty as very good to excellent
FRI
D Ay, SEPTEMBER 28
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7:30 AM Continental Breakfast
8:00 Duty Hours in Health Care: Effects on Safety, Performance, and Productivity — Landrigan
8:45 Sleep and Fatigue: Challenges in Law Enforcement and Firefighting — Lockley
9:30 Refreshment Break
10:00 Biochronicity: The Biology of Timing Beyond the Circadian Cycle — Macedonia
10:45 Translating Fatigue Research into Technologic Countermeasures — Lombardi
11:30 From NASA to the Boston Celtics: Using Chronobiology to Optimize Productivity and Health — Czeisler
12:30 PM Questions and Discussion
1:30 Program Adjournment

Agenda subject to change

Ronald C. Kessler, PhD
Professor of Health Care Policy
Department of Health Care Policy
Harvard Medical School

Christopher P. Landrigan, MD, MPH
Research Director
Children's Hospital Boston Inpatient Pediatrics Service

Steven W. Lockley, PhD
Associate Professor of Medicine
Harvard Medical School
Neuroscientist
Division of Sleep Medicine
Brigham and Women's Hospital

David A. Lombardi, PhD
Principal Research Scientist
Center for Injury Epidemiology
Liberty Mutual Research Institute for Safety

Christian Macedonia, MD
Program Manager
Defense Advanced Research Projects Agency (DARPA)

Atul Malhotra, MD
Associate Professor of Medicine
Harvard Medical School
Medical Director
Sleep Disorders Research Program
Clinical Chief, Sleep Medicine Division
Brigham and Women's Hospital

Mark R. Rosekind, PhD
Member
National Transportation Safety Board

Paul S. Valentine
President and Chief Executive Officer
Sleep HealthCenters

Hans P. A. Van Dongen, PhD
Research Professor
Washington State University, Spokane
Assistant Director
Sleep and Performance Research Center

Antonio Vela-Bueno, MD, PhD
Professor of Psychiatry
Universidad Autónoma de Madrid, Spain
Clinical Professor of Psychiatry
Pennsylvania State University

John W. Winkelman, MD, PhD*
Associate Professor of Psychiatry
Harvard Medical School
Associate Physician
Division of Sleep Medicine
Department of Medicine
Medical Director
Sleep HealthCenter
Brigham and Women's Hospital
Program Fee: $1,295

Program Fee Includes:

- Continental breakfasts, lunches, and refreshment breaks
- Reception
- Comprehensive take-home reference manual
- Continuing Education Credit
- Harvard School of Public Health certificate of participation

Registration criteria available online

Discounts Available*

Group Registrations — Save 15%
Save 15% when three or more colleagues register together. Let this excellent professional development opportunity serve as a team-building experience for you and your colleagues.

Alumni — Save 10%
If you have previously participated in a Center for Continuing Professional Education program, you are eligible for a discount on this program.

*Please note: Each participant is limited to one discount/scholarship per program. Discounts will be applied to the full program fee and will not be awarded after the start of the program. Application programs do not qualify for discounts. Registration for teams greater than five participants will need to receive prior approval from the Program Directors. For more information, please contact us at 617.384.8692 or contedu@hsph.harvard.edu.

Accommodations
The Colonnade Hotel
120 Huntington Avenue
Boston, MA 02116
617.424.7000
$224/night, plus 14.45% tax (includes wireless Internet access)

A limited number of rooms have been reserved at a reduced rate until September 6, 2012. These rooms are available on a first-come, first-served basis. Please be advised that hotels in the Boston area can sell out very quickly. We recommend making your hotel reservation as soon as you receive registration confirmation. Please mention IPHM0912 and the Harvard School of Public Health to receive the special rate. The Colonnade Hotel is a five-minute taxi ride, approximately 1.5 miles, from the program location.

Continuing Education Credit
This program is accredited by the Harvard School of Public Health. The following credits have been approved for this program, subject to the final agenda:

- 1.1 CEUs, Harvard School of Public Health

Credits subject to final agenda. Continuing Medical Education credits have been applied for; please visit the website for up-to-date information.

For the most up-to-date information, visit https://ccpe.sph.harvard.edu/IPHM

Substitution/Cancellation Policy
Substitutions may be made without additional charge. All requests for substitutions or cancellations must be made in writing. Cancellations on or before August 9, 2012, will be issued a refund less a $150 administrative fee per person. Cancellations received between August 10, 2012, and September 6, 2012, will be issued a refund of 50%. After September 6, 2012, no refund will be issued. There will be no exceptions to this policy.

The Harvard School of Public Health maintains an Education and Research Center (ERC) funded by the National Institute for Occupational Safety and Health (NIOSH).

Complementary Programs
- Work, Health, and Wellbeing: Strategic Solutions for Integrating Wellness and Occupational Safety and Health in the Workplace
  September 17–20, 2012
  https://ccpe.sph.harvard.edu/WHW

- Ergonomics and Human Factors: Strategic Solutions for Workplace Safety and Health
  October 1–5, 2012
  https://ccpe.sph.harvard.edu/EHF

- Leadership Strategies for Evolving Health Care Executives
  October 28–November 2, 2012
  https://ccpe.sph.harvard.edu/ALS
Sleep and Shift Work: Optimizing Productivity and Health Management in the 24/7 Global Economy
September 27–28, 2012 • Boston, MA

3 ways to register:
Online: https://ccpe.sph.harvard.edu/IPHM   Phone: 617.384.8692   Fax: 617.384.8690

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To schedule a complimentary consultation, or for more information, please contact our Deputy Director, Paul Tumolo, at 617.384.8675 or ptumolo@hsph.harvard.edu or visit our website at https://ccpe.sph.harvard.edu/custom